

Drowning in Debt?  
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KEEP WARM IN  
THE KITCHEN  
FAVOURITE COMFORT  
DISHES FOR FALL {page 18}



THE BUZZ  
ON MALARIA  
CELEBRITIES  
JOIN FIGHT

{page 10}

HALIFAX

# metro



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Tuesday, October 19, 2010  
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# Smith takes reins as Herd's coach

► Mooseheads majority owner drops Cam Russell as coach ► Russell remains GM, demoted to assistant coach ► 'I was totally caught off-guard,' says Russell



► Halifax Mooseheads owner — and now head coach — Bobby Smith watches his players go through a drill during a practice at the Metro Centre yesterday. More coverage, page 21.

Halifax Mooseheads majority owner Bobby Smith says his club "can be better" and believes he's the man to make that happen.

"I think I can help our team get there, or I wouldn't have done this," Smith said about his decision yesterday to fire Cam

Russell as head coach and name himself as replacement.

"Win a game, lose a game, I think we can be better than that."

More was expected from this year's edition of the Herd after missing the playoffs the past two seasons. Through 14 games

however, Halifax was a dismal 4-9-0-1.

Smith — a 15-year NHL veteran — has never been a head coach before, but doesn't think that will be an issue.

"I like my resume as a junior coach," he proclaimed.

● PHILIP CROUCHER

Wellness  
Keeping fit and having fun

► Getting into the swing of a workout routine ► Smoking linked to colon cancer ► Ways to breathe new life into exercise, and more {pages 12-14}

Festival ready to blow

Halifax Pop Explosion kicks off five nights of indie music {page 4}



Guilty plea in cross burning

But trial proceeds on charge of inciting racial hatred {page 3}

Colonel pleads guilty to charges

'Disturbing' photos shown at Williams's trial {page 5}



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news

News on the move

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**Allan Small explores the benefits of 'fallen angel' investments at metronews.ca/investing**

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Funds to fight cybercrime  
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# Murder clues come trickling in

RYAN TAPLIN/METRO HALIFAX

Several Mulgrave Park residents are coming forward to police with tips on the murder of 21-year-old Donald Jermaine Stevenson.

A man wearing a skull mask entered the house and shot Stevenson in front of two family members on Saturday night.

Two officers were dedicated to Mulgrave Park after the July murder of 21-year-old Ryan Matthew White. A police office is soon to open, which fur-

thers the relationship between police and the community, said Const. Brian Palmeter.

"We have to realize this person was somebody's son, friend and relative. I think people are starting to see they have a part to play in this and they need to come forward and help us to bring justice not only to the victim, but his family as well."

The community held a meeting last summer to dis-

cuss crime after White's murder. But this time, North End Coun. Jerry Blumenthal said he didn't receive a single call from any concerned Mulgrave Park residents.

"They've got a fantastic residents' association and they just need the people to back them up to try to get more programs to get things done. Unless people are going to say what's going on, it's very difficult."

• JENNIFER TAPLIN



► A police officer guards the crime scene on Sunday following the shooting death of Donald Jermaine Stevenson in Mulgrave Park.

# 'I will never get over losing Kyle'

RYAN TAPLIN/METRO HALIFAX

► Parents deliver emotional impact statements at sentencing of O'Regan's in fatal 2008 explosion



PHILIP CROUCHER  
@METRONEWS.CA

The parents of a 22-year-old Timberlea man killed in an explosion at a local auto dealer body shop say they struggle each day with the loss of their son.

"We mark each and every day as not another day, but as another day without Kyle," an emotional Paul Hickey, with his wife, Estella, by his side, told the court yesterday during the start of a sentencing hearing into their son's death.

"I will never get over losing Kyle," Estella, fighting back tears, would later add.

O'Regan's Chevrolet Cadillac Ltd. pleaded guilty in September to five charges under the Occupational Health and Safety Act in relation to an explo-

## Sentencing

Under the Occupation Health and Safety Act, the maximum fine facing O'Regan's Chevrolet Cadillac Ltd. is \$250,000 and/or a maximum prison term of less than two years.

sion that killed Kyle Hickey two years ago.

Hickey was working at the O'Regan's Kia body shop in Dartmouth just before 4 p.m. on March 13, 2008 when an explosion rocked the building. Hickey was severely burned and died the next day.

Yesterday's hearing took

place at Dartmouth provincial court, with family members and friends of the victim in attendance, as well as Sean O'Regan, president and CEO of O'Regan's.



► Estella and Paul Hickey, the parents of Kyle Hickey, leave a courtroom at Dartmouth provincial court yesterday.

# Keep freeze: Group

An organization representing Nova Scotia university students has launched a letter-writing campaign to counter any move toward higher tuition fees.

The Alliance of Nova Scotia Student Associations is responding to a report prepared for the premier that recommends tuition fees be deregulated. The campaign is asking students to tell their provincial representatives that increases are not

**\$31,900** The average debt faced by 69 per cent of N.S. students, according to the organization.

an option. The organization says students recognize the fiscal realities the province is facing, but ending the tuition freeze will effectively turn part of the provincial debt into student debt. THE CANADIAN PRESS

## News in brief

**NSPI will pay \$1M, not \$5M**

**CORRECTION.** It was incorrectly reported in yesterday's edition Nova Scotia Power Inc. will donate \$1 million a year for five years to move the Discovery Centre into its new building. The figure is actually \$1 million over five years. • METRO

**Police identify crash victim**

**STUDENT.** The RCMP have identified the victim of a head-on crash on Highway 107 on Friday as Lacey Sturge, 16, of Dartmouth. Police are investigating, but believe the rainy and windy conditions likely played a role in the accident. • JENNIFER TAPLIN

**Beware offers of sweeping**

**SCAM.** Police are warning the public about a group of people going door-to-door offering to clean chimneys. Homeowners are given an excessive bill for minimal or incomplete work. Police recommend contacting the Better Business Bureau to verify the business, insist on an itemized bill, and don't pay cash. • JENNIFER TAPLIN

# Guilty plea related to cross burning

► But Poplar Grove man proceeds with trial on inciting racial hatred charge

A man charged after a cross was burned earlier this year on the lawn of an interracial couple has pleaded guilty to criminal harassment.

But Justin Rehberg proceeded with his trial yesterday on the charge of inciting racial hatred. Two other charges — uttering threats and mischief — were dropped.

Crown lawyer Darrell Carmichael argued that setting a cross on fire on Feb. 21 just after midnight was terrifying and a clear incitement to racial hatred.

But defence lawyer Chris Manning said while his client's act was "contemptible," it didn't have the effect of inciting others to racial hatred.

Instead, he noted the cross-burning prompted an anti-racism march.

Shayne Howe, who is black, and Michelle Lyon, who is white, said they

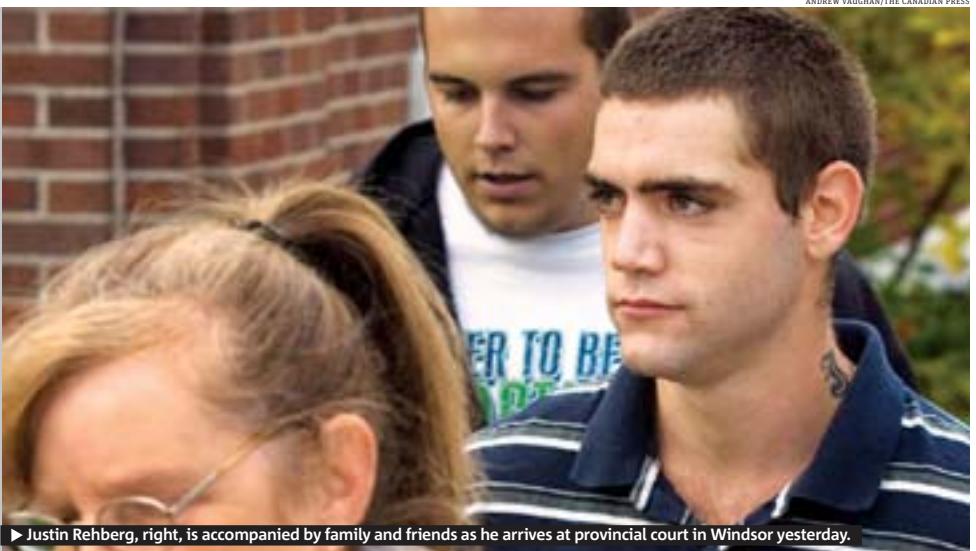
## Brother

► Rehberg's brother, Nathan, is also charged in the case. His trial is scheduled to begin Nov. 10.

awoke early in the pre-dawn darkness of Feb. 21 to find a two-metre cross burning in front of their rural home in Poplar Grove. They said the cross had a noose attached.

They also told police they heard someone yelling racial slurs, but couldn't see them. At the time, Lyon said the couple and their five children, aged two to 17, were terrified by the incident and considered moving from the Windsor area.

But they said they were encouraged to stay when the community rallied to support them. The family received phone calls, emails, cards and personal visits from people across



► Justin Rehberg, right, is accompanied by family and friends as he arrives at provincial court in Windsor yesterday.

the province offering their support and expressing shock.

Outside the Windsor court, Lyon said she is still concerned for her safety.

"I'm always afraid of

what's going to happen," she said.

"I don't go out usually after dark. I'm home, doors are locked, alarms set. I'm very diligent on safety in the home and safety when

I'm outside the home, only because there is a lot of media coverage on this and there are a lot of supporters on their side."

Provincial court Judge Claudine MacDonald ad-

journed Rehberg's case until Nov. 5. That's when she is expected to rule on his not guilty plea and set a date for sentencing on the guilty plea.

THE CANADIAN PRESS

## Minister acting on recommendations for black students

Education Minister Marilyn More committed her department to move forward with 68 recommendations to improve supports and programming for African Nova Scotian students.

The recommendations, from a report co-authored by consultant Enid Lee and Clem Marshall, include addressing institutional racism, increasing student

support workers, and better communication with the black community.

More did not have details yesterday on when all 68 recommendations will be implemented, saying some were already online. She also indicated that the majority can be accomplished with resources currently allocated by the department.

"We're spending consid-

erable money on supports for African Nova Scotian students currently," she said. "This is a chance for all the partners, including parents, to be looking at what's happening to make sure that that money is being spent to the best effect."

Lee and Marshall's report, submitted late last year, noted a "glaring absence of quantitative data

about the performance of African Nova Scotian students." More said in order to gauge the impact of the recommendations, her department must enhance the

Plans — annual specific individual outcomes based on the student's needs and strengths. The report criticized the plans, saying they are "barriers to academically rigorous programs."

tracking of the province's approximately 4,000 African Nova Scotian students. "We currently have a number of schools already started with our student information system," said More, referring to an online database that tracks student performance. "That will help us better track information."

● ALEX BOUTILIER



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## CRIME

## Vehicle allegedly smashed with bat

A man allegedly took a baseball bat to a vehicle waiting in line at a MacDonald's drive-thru.

The incident

happened shortly after midnight on Sunday at 517 Sackville Dr. RCMP responded to a call that a man was smashing windows in a car.

Security staff and witnesses detained the suspect until police arrived.

RCMP say the man was showing signs of intoxication. He was arrested and is facing weapons, breach of probation, and mischief charges.

• JENNIFER TAPLIN

## Ont. company denied access to sell securities

The Nova Scotia Securities Commission has adopted a Manitoba decision to permanently deny an Ontario company access to registration exemptions that would allow it to sell securities in Nova Scotia.

In an August 2009 order, the Manitoba Securities Commission found that Tri Clean Enterprises Inc. of Richmond Hill, Ont., contravened Manitoba securities laws.

The commission ordered several sanctions, including a permanent denial of access to exemptions under Manitoba law.

The agency found that from April 2005 to March

2007, Tri Clean distributed securities to investors in Manitoba without proper registration.

Typically, businesses can raise capital by selling securities in a province through a document known as a prospectus, which contains detailed information about the securities offered, as well as the issuer's financial condition.

But some issuers are given prospectus exemptions under certain conditions.

The Nova Scotia Securities Commission later determined that in 2005 and 2006, Tri Clean also distributed securities in that province. **THE CANADIAN PRESS**

### News in brief

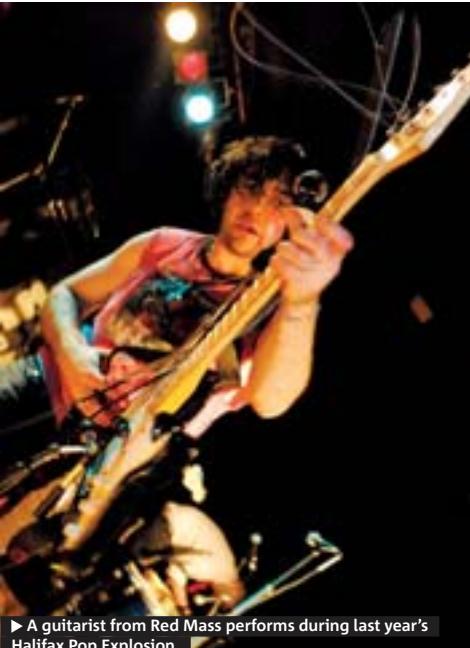
#### Trade centre presentations to be heard

**COUNCIL.** Halifax regional council will hear several presentations on the pro-

posed new trade and convention centre today. City staff, representatives from the province, and the Greater Halifax Partnership are expected to plead the case for the project, which is expected to cost the municipality \$57 million over a 25-year lease. • ALEX BOUTILIER

# Halifax ready to pop with music festival

CHRIS SMITH



► A guitarist from Red Mass performs during last year's Halifax Pop Explosion.

► Five-day festival highlights starts today ► New Pornographers show set to be largest crowd in Pop Explosion history

**"Pop Explosion focuses on what we do best: We present new music that people want to see in a variety of small venues."**

FESTIVAL DIRECTOR

JONNY STEVENS

indie music fans what they want.

First-year Halifax Pop Explosion director Jonny Stevens likens his pre-fest jitters to the nervous energy he felt before taking the stage himself.

"Going back to when I was playing music, before I'd hit the stage, it always felt like the first time," he said. "I'm anxious, I'm excited and I can't wait for it to kick off."

Despite the slight anxiety, Stevens says he and his crew are more than prepared to handle the next five days and nights, which will bring more than 150 acts to almost 20 venues across the city.

Sales for festival wristbands, offered for the first time this year, have been brisk, according to Stevens. He attributes that to giving

"We are a festival that is produced by fans of music for fans of music and the bands that they love," he said. "That's what we're all about ... The reason (ticket sales) have been so good is because we listen to the fans, we listen to what they want to see."

A full schedule for HPX is available at [halifaxpopexplosion.com](http://halifaxpopexplosion.com). • ALEX BOUTILIER

## N.S. seeks immigrant farmers



► Agriculture Minister John MacDonell

Nova Scotia is hoping to attract immigrant farmers to rural parts of the province.

Agriculture Minister John MacDonell says \$260,000 is being set aside to help promote the plan.

MacDonell says the government will be talking to experienced producers who

are interested in immigrating and setting up sustainable farming operations.

The project includes developing detailed agriculture sector profiles, a website and a database of available farm land in Nova Scotia.

It also involves hosting

information sessions in targeted countries and preparing profiles of Nova Scotia and selected agricultural sectors.

The province's Office of Immigration will support the initiative by creating an agri-food sector pilot stream. **THE CANADIAN PRESS**

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### New Home Energy Efficiency Design Competition

*The Nova Scotia Home Builders' Association (NSHBA) invites entries for its energy efficient new home design competition.*

Submit your design of an R-2000 house including advanced building practices, products and energy efficient technology.

Entries will be judged on: • energy efficiency • innovation of design • the home's sustainability

Details of construction should be easily adaptable to today's trades and attempt to exceed current performance limits.

This home will be a highlight in the Nova Scotian housing market.

Architects/ home designers currently living in NS are eligible to submit entries.

Entries will be accepted until Friday, October 29th at 4:00pm, submitted to the NSHBA office located at 15A Oland Crescent, Halifax.

*For copies of the specific requirements and application form, prizing or other information: Call Sherry Donovan 450-5558/ 1-800-668-2001*

[www.nshomebuilders.ca](http://www.nshomebuilders.ca)

# Court hears of colonel's depravity

► Williams is entitled to a military pension despite pleading guilty

Col. Russell Williams indulged his fetish for women's and girl's lingerie by taking thousands of pornographic photographs of himself wearing his stolen underwear — and sometimes masturbating for the camera — before his sexual obsession escalated to murder, court heard yesterday.

Graphic images of the decorated Canadian military commander posed in the lingerie he collected flashed on screens in an eastern Ontario court, after Williams pleaded guilty to two murders, two sexual assaults and 82 break and enters.

Court heard Williams broke into at least a dozen bedrooms of girls under the age of 18, including one shared by 11-year-old twin girls.

The commander was expressionless as he entered the court shackled at the ankles and handcuffed.

THE CANADIAN PRESS

## Documented

- Col. Russell Williams was so obsessive in his collection of undergarments that he had to burn some of his trophies in a field to make room for more.
- Williams kept a "complex" filing system and a log of all his offences. Photos were time- and date-stamped and kept on hard drives that were found stored in the ceiling in the basement of his Ottawa home.
- Williams reportedly came to the attention of police at a Feb. 4 roadside checkpoint — just days after Jessica Lloyd was killed — when his SUV's tires were linked to tread marks at one of the crime scenes.
- There were so many charges it took nearly 40 minutes to read them into the court record.



## True Love match

Today's photo of the day is by Canadian Omz Ali and was submitted in the Emotions category. The photo is titled: The True Love. Enter your photos today and view more pictures at [metrophotchallenge.ca](http://metrophotchallenge.ca).



## Osama bin Laden in Pakistan, NATO official tells CNN

A senior NATO official said that Osama bin Laden and his deputy Ayman al-Zawahiri are believed to be living in relative comfort in

Pakistan houses — and not hidden away in a cave.

The official told CNN the two top al-Qaida figures are not living together,

but hiding close to each other.

"Nobody in al-Qaida is living in a cave," he told CNN.

THE ASSOCIATED PRESS



► Osama bin Laden

# Two women at U.S. post office shot and killed

Two gunmen opened fire yesterday at a post office in a rural West Tennessee town that was home to Roots author Alex Haley, killing two workers perhaps as part of an attempted robbery.

The shooting happened at the one-story, brick building in Henning, that is a hub of activity in the small town.

Authorities were looking for a vehicle but Lauderdale County District

Attorney Mike Dunavant would not elaborate except to say the case involved "disturbing violence."

No arrests were made, and postal officials pleaded with the public to come forward with information about the crime.

The victims were identified as Judy Spray, 58, a rural carrier associate, and Paula Robinson, 33, a retail clerk.

The post office, which sits between a self-service



► Investigators on the scene of a double murder at the U.S. Post Office in Henning, Tenn. yesterday.

car wash and a coin-operated laundry called Mom's in the western Tennessee town of about 1,200 people, often has residents coming in to pick up their mail. Home delivery isn't provided in Henning, some 72 kilometres northeast of Memphis.

The two workers killed were the only ones in the post office during the shooting, said Yulanda Burns, a spokeswoman for the U.S. postal inspection

service. Post offices are not immune to crime, but robberies at post offices are uncommon, said Beth Barnett, a spokeswoman for the U.S. Postal Service.

Keith Morris, assistant inspector in charge of the U.S. Postal Inspection Service in Memphis, said officials are investigating several motives.

"We have a lot of theories that are in play at this point," he said.

THE ASSOCIATED PRESS

## Guilty pleas close corruption trial

The political corruption trial of three former B.C. government employees has come to a sudden end.

Former political aides Dave Basi and Bobby Virk have pleaded guilty to four counts linked to breach of trust and accepting rewards or benefits.

Charges have been

dropped against Basi's cousin, Aneal Basi, who was accused of money laundering.

Crown prosecutor Bill Berardino said in B.C. Supreme Court yesterday that Dave Basi and Virk have "come forward and admitted a grave error in judgment."

THE CANADIAN PRESS

## Putin rumours swirling

Rumors concerning Russian PM Vladimir Putin's private life have been circulating in Russia's blogosphere, claiming that he and his wife, Ludmila Putina, are experiencing marital problems and are even getting a divorce.

THE CANADIAN PRESS



► Vladimir Putin with his wife, Ludmila Putina.

## B.C. youth suicide numbers down

A new report says fewer young people in B.C. are committing suicide, but children in government-sponsored care are much more likely to consider suicide.

The report, titled Growing Up in B.C., is a joint effort by chief B.C. Medical Health Officer Dr. Perry

Kendall and B.C. Children's Representative Mary Ellen-Turpel Lafond.

It's intended to provide a general overview of the major influences on the health and education of young people in the province and to allow the government to track these factors.

THE CANADIAN PRESS

## Typhoon Megi rattles Philippines

The strongest cyclone in years to crash into the Philippines killed at least three people yesterday, leaving a wasteland of fallen trees and power poles and sending thousands scampering to safety in near-zero visibility.

A retired general said bracing for the onslaught was like preparing for war.

Super typhoon Megi, blowing across the northern Philippines, was forecast next to head toward China and Vietnam, where recent floods unrelated the storm have caused 30 deaths.

Strong currents on Vietnam's flooded main highway swept away a bus and 20 of its passengers.

THE ASSOCIATED PRESS

# B.C. youth suicides down

► Aboriginal children less likely to perform well in school, report claims

A new report says fewer young people in B.C. are committing suicide, but children in government-sponsored care are much more likely to consider suicide.

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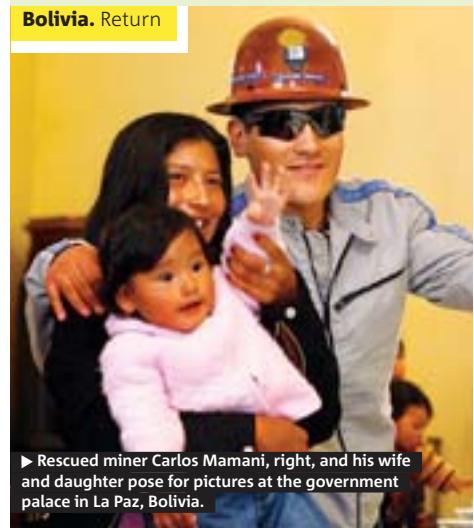
It found teenage birth rates, suicides and intentional injuries to children have all fallen, but children in care are nearly three times more likely to consider suicide and nearly six times more likely to have tried to kill themselves at least once.

THE CANADIAN PRESS

## 80%

The report also found nearly 80 per cent of young people graduate from high school, but aboriginal children face major social disadvantages.

Bolivia. Return



► Rescued miner Carlos Mamani, right, and his wife and daughter pose for pictures at the government palace in La Paz, Bolivia.

JUAN KARITA/THE ASSOCIATED PRESS

Miner honoured in Bolivia

Carlos Mamani is one of the 33 miners rescued last week after being trapped for 69 days inside the San Jose mine in Copiapo, northern Chile.

## Sex offender back in jail

A 34-year-old Kamloops, B.C. man who once tried to buy sex with a child is going back to jail after breaching his probation.

Brian Fehr has been given five months for using a fake name during a relationship with a Kelowna woman who didn't know he was a sex offender, and two months consecutive time for failing to attend counselling.

However, 25 days of the new time will be scrubbed off as credit for time already served.

Fehr also failed to tell

his probation officer he'd moved to Kelowna and gone to parks, two things that also violated the conditions of his probation.

Fehr was released from prison earlier this year after serving time for trying to buy sex with a toddler in August 2009.

In that case Fehr contacted an escort through a local newspaper ad and offered her a \$5,000 finder's fee and \$100 more if he could have sex with a toddler, but the woman called police.

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### News in brief

#### Pentagon warns of leaks

WASHINGTON. The Pentagon yesterday asked media organizations not to publish any classified war files released by the WikiLeaks website, as the U.S. braces for the potential disclosure of hundreds of thousands of secret Iraq war documents.

In July, WikiLeaks obtained and released nearly 77,000 classified military reports from Afghanistan. Now, the Pentagon says the group has as many as 400,000 documents from a military database on operations in Iraq.

WikiLeaks editor-in-chief Julian Assange yesterday played down expectations. In a Twitter post, Assange said information was coming from "a single tabloid blog" that had put out a "tremendous amount" of false information.

THE ASSOCIATED PRESS

#### Two killed in post office

TENNESSEE. Two women working at a post office in Tennessee were shot and killed yesterday during a possible robbery attempt, authorities said. Officers were searching for a maroon Chevrolet Malibu with two men inside, the Lauderdale County Sheriff's Department said.

THE ASSOCIATED PRESS

# Bloggers want soup boycott

► Conservative U.S. bloggers say Campbell's Canadian-made soups have ties to Islamic terrorist groups

The controversial Ground Zero mosque in New York and Campbell's Canadian-made tomato soup have nothing in common, one would think.

Yet they're being stirred in the same pot by some conservative bloggers in the U.S., who say Islamic terrorists are behind both projects.

Pamela Geller, who runs a widely read anti-Muslim site called Atlas Shrugs, is calling for a boycott of some 15 soups made by the Canadian subsidiary of New Jersey-based Campbell Soup Co.

The soups are certified as halal food, meaning they're prepared according to Islamic dietary laws.

Sold in Canada, the soups are certified by the Islamic Society of North America (ISNA), which has been certifying halal foods since 1988.

But Geller claims ISNA has ties to terrorist groups,

including Hamas and the Muslim Brotherhood.

"No one is suggesting they not have halal food. I'm not against halal food any more than I'm against kosher food. My issue is who's doing the certifying," Geller told The Washington Post Sunday.

A number of conservative groups, including JihadWatch.org, have joined Geller's call for the soup boycott. What seems to be lost in the U.S. blogosphere is the fact that Campbell's halal soups are not offered in the U.S., and the company says it's not planning to.

ISNA has denied any ties to Hamas and has specifically condemned religious extremism and violence, the Washington Post said in a story headlined "A Canadian line of Campbell's soups has activists stewing over Islamic connection."

THE CANADIAN PRESS

# Possible new bid on PotashCorp

Canadian pension funds are reportedly teaming up to thwart BHP Billiton's 38.6-billion US hostile bid for PotashCorp, but observers say the odds of the move panning out are slim.

The Globe and Mail reported yesterday that Alberta Investment Management

Corp., or Aimco, is leading talks with other funds to take a 30 per cent "blocking stake" in the Saskatchewan-based fertilizer powerhouse.

Unnamed sources quoted in the newspaper gave the plan a low chance of success, given the hefty fi-

nancial commitment involved. As well, BHP's US 130 per share offer expires Nov. 18, giving the funds only a month to put together a rival bid.

"Do I think the pension funds can pull this off in this time frame? No. Mainly because they are out of

their element," said Marin Katusa, a market strategist with Casey Research.

BHP, a global mining giant, knows the business inside and out, whereas "no money manager wants to be involved in the operation of a mine," he said.

THE CANADIAN PRESS

## Meet the Best Practices Sub-Committee, a.k.a. Safety Champions.

Every day, people like this team go out of their way to make our people and workplaces safer. The members of the Best Practices Sub-Committee were recently recognized by their colleagues for their efforts in promoting Nova Scotia Power's safety culture. Thanks team – from all of us.

At Nova Scotia Power, our greatest source of energy has always been our people.

[nspower.ca/safety](http://nspower.ca/safety)

Left to right: Milton Howley, Gerard Power, Paul Warren, Russ Knox, Joey Neville, Victor Melanson, Brad Mercer. Missing: Jason March



## Market moment

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To learn more and apply for the award visit: [www.ttns.gov.ns.ca/event](http://www.ttns.gov.ns.ca/event)



# BoC faces delicate balancing act

The Bank of Canada must strike a fine balance in its interest rate decision today as consumer debt continues to grow despite a slowing economy.

Many economists expect the central bank's governor, Mark Carney, to take a break from three straight rate increases to its key

lending rate to give the economy space to grow.

Shrinking inflation and consumer confidence levels, as well as downbeat employment data from September and a rising loonie all provide incentive to leave the bank's policy rate at one per cent.

On the other hand,

Canadians encouraged by historically low interest rates continue to engage in heavy borrowing, sending debt loads to a record 146 per cent of income levels. Some economists say a rate hike would help curb overborrowing and help prevent a future crisis.

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

## Voisey's Bay talks to resume

Negotiations are to resume tomorrow in the 15-month-old strike at the Voisey's Bay nickel mine in Labrador. Both sides have agreed to return to the bargaining table to try to resolve the impasse.

THE CANADIAN PRESS



► Mark Carney

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# PARTNERING UP AND PACKING ON POUNDS

**She says ...**

**JESSICA NAPIER**



**The old cliché suggests that women who have been recently dumped will spend months moping on the couch devouring endless tubs of ice cream. In reality this is completely untrue.**

**O**kay, the ice-cream depress-fest might happen for a day or two but then a post-breakup fitness regime takes over. Newly single ladies will often develop an unwavering enthusiasm for the treadmill in an effort to get back into fighting (flirting) form.

So while a breakup can be the catalyst for a renewed dedication to trim down, a fresh new romance will often have the opposite effect.

Coupling up inevitably results in a change in lifestyle. You stop attending those 9 a.m. exercise classes in favour of Sunday morning brunch dates with glutinous plates of pancakes. All night dance-a-thons with single girlfriends are a distant memory as you become accustomed to spending lazy nights in, cozying up on the couch with your mate.

And while your sex life might have improved significantly, these romantic romps can quickly turn into your only source of cardio as you settle down into relationship mode. In some ways, falling in love gives you licence to let yourself go.

For me, being in a relation-

ship has meant that my eating habits have undergone a significant transformation. As a single girl living on my own, a simple salad or a bowl of cereal were perfectly satisfying dinner options. However, now that I'm part of a domestic duo I spend hours preparing homemade spaghetti bolognese and baking decadent apple pies with

my live-in love. This late night feasting is delicious, but it's also very detrimental to the waistline.

In order to keep up with my ravenous roommate I allowed my caloric intake to skyrocket. The weight gain snuck up on me slowly but surely until it

**"In some ways, falling in love gives you licence to let yourself go."**

smacked me in the (newly plump) face.

My boyfriend, bless his heart, refuses to admit that I'm noticeably heavier than when we first met. Even as he watches me lunge around the living room, struggling into my jeans, he sincerely insists "I really haven't noticed any change ... are you sure you've gained weight?"

As much as I'd like to blame my enabling romantic partner I know that it's my own fault. I let myself get comfortable. Secure in the knowledge that he loves me "no matter what" I invited carbs back into my life and packed on the dreaded "relationship 15."



Read more of  
Jessica Napier's columns  
at metroneWS.ca/shesays

## Cartoon

MICHAEL DE ADDER

### PRIVACY IN THE AGE OF FACEBOOK



### Worth mentioning

**■** When Beverly Tucker's dog Tobi ruptured a disc in his back, the veterinarian gave her a stark choice: Expensive surgery with little chance of success, or euthanasia.

Like a growing number of pet owners, Tucker opted for a third choice thanks to medical advances and shifting attitudes about animal care. She bought a wheeled cart fitted for Tobi's hind legs, restoring mobility to her paralyzed pooch.

Pets with disabilities ranging from spinal injuries to deafness still struggle more than healthy counterparts, but their futures are no longer

### Pooch on wheels



as grim as before. An industry catering to owners of disabled pets has sprung up, offering everything from carts to chiropractors specializing in canine spines.

Even in an economic slump, people are willing to pamper their pets. Total spending in the United States on pets has grown, rising from \$41.2 billion US in 2007 to about \$47.7

billion this year, says the American Pet Products Association.

Animal health specialists, rescue volunteers and medical supply makers all say they've seen a growing willingness in the American public to adopt or care for pets with ailments that once would have met with certain euthanization.

THE ASSOCIATED PRESS

### Do fish make loving pets?

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## Metro Minute with the Mooseheads

Nothing on the go for tonight? Well, you might want to head to the Halifax Metro Centre.

The Halifax Mooseheads return to action tonight against the Bathurst Titan in a game with plenty of intrigue. The biggest thing is tonight marks majority owner Bobby Smith's debut behind the bench as the club's head coach.

Want more? Well, three days ago the Titan defeated the Mooseheads in Bathurst and Halifax will no doubt be out for revenge.

Tickets are available through Ticket Atlantic or the Metro Centre box office. Cost is \$15.75 for adults, \$12.75 for seniors and \$10.75 for students. Youth 12 and under get in for \$9. ■ METRO HALIFAX



► The Halifax Mooseheads return to action tonight.

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RYAN TAPLIN / METRO HALIFAX



Celine in hospital



been admitted to a Florida hospital to prevent the early delivery of her twins.

The hospital (St. Mary's Medical Center in West Palm Beach, Fla.) said the admission was to ensure Dion is close to her doctors leading up to the babies' birth.

THE ASSOCIATED PRESS



Forget the canvas: Celebrated British painter David Hockney embraces the iPad



► Elizabeth Banks



► Johnny Depp



► Orlando Bloom

# 'Buzz off malaria': celebrity battle cry

► Hollywood heavyweights mouth off against malady-borne mosquitoes  
 ► PSAs take on task of eradicating crisis with the help of a little humour



► Actor B.J. Novak

A new public service announcement irreverently suggests one way to solve the malaria problem in Africa: Recruit a cadre of sexy mosquitoes called La Femme Mosquita to seduce and kill their disease-carrying counterparts.

It's one example of the humour the non-profit group Malaria No More hopes will spread awareness in eliminating the deadly disease.

B.J. Novak, star of the NBC sitcom *The Office*, likes the "laugh with us and not at us" approach. He and other celebrities including Ed Helms, Elizabeth Banks, John Mayer, and Orlando Bloom are

lending their support to the group through a series of TV spots and viral videos.

Novak said that public service announcements historically have gotten lit-

**"Looking at it simply by the numbers, the math works out very well."** B.J. NOVAK (ON REDUCING MALARIA THREAT IN FIVE YEARS)

tle respect, despite the importance of their causes, making them ripe for ridicule. The ubiquitous *This is your Brain on Drugs* ad that showed an egg frying was satirized in *Nightmare on Elm Street* with Johnny Depp getting whacked in the head with a frying pan by Freddy Krueger.

One of the funniest spots in the Malaria No More campaign stars

Helms as a big-game hunter. In the three-minute video, the actor suggests alternative techniques to kill malaria-borne mosquitoes, such as biting back.

Helms travelled to Senegal to observe the problem and produce the spot. He called it "an incredible adventure" that he hopes will raise awareness. He feels the campaign can educate a broad audience, and he also hopes to "piss off a few mosquitoes in the process."

"He for sure is using the other best medicine to fight malaria," Banks said. "Humour."

THE ASSOCIATED PRESS

## Deadly disease

- Malaria was eradicated in the United States in the early 1950s, but the disease continues to exist in the third world.
- In Africa, 2,000 children die every day from malaria, according to Malaria No More, which breaks down to a death every 45 seconds.
- Tools used to fight malaria include mosquito nets, insecticide and effective medicine.
- Most of the money raised for Malaria No More centres around \$10 donations that come from texting to the word NET to 85944.

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# He fight poverty in Romania

► Actor doing good while filming Ghost Rider sequel ► Will be guest of honour at charity ball that helps underprivileged Roma children

Hollywood actor Nicolas Cage will travel to Romania to film the sequel to Ghost Rider, and also be guest of honour at a charity ball helping underprivileged Gypsy children get an education.

Cage will be in Romania at the end of October to shoot the movie Ghost Rider: Spirit of Vengeance, said a press statement from the charity organizing the ball.

During his stay in the country, Cage will also participate at a Halloween ball organized by the mother of another Hollywood actor, Ethan Hawke.

Leslie Hawke says they are thrilled Cage will be at their event.

Cage's grandparents emigrated from Italy to America "back in a time when there was tremendous prejudice against Italian immigrants," Hawke said.



► Nicolas Cage is going to be the guest of honour at charity ball in Romania.

JEMAL COUNTESS/GETTY IMAGES

Prejudice against some 1.5 million Gypsies, or Roma, is widespread in Romania, and many Roma children do not get a basic education, which often

leads to a life of discrimination and poverty.

Hawke, the actor, was guest of honour at last year's event, which was held in the giant palace of

late Romanian dictator Nicolae Ceausescu. Cage won the Academy Award for Best Actor for his role in Leaving Las Vegas in 1995. **THE ASSOCIATED PRESS**

## Lohan told to cut ties with mom

Lindsay Lohan is being advised to sever all business ties with her mom, Dina Lohan, if she wants to successfully overcome her substance abuse issues, sources tell Radar Online.

"Dina needs to no longer

act as her manager, or work

for her daughter in any capacity," a source says. "Lindsay and Dina don't have a normal mother-and-daughter dynamic because of the length of time that Dina has worked for Lindsay.

"Lindsay feels the financial burden of taking care of her entire family. It's enormous pressure for any person in their 20s, let alone someone that is battling with addiction." **METRO**



► Dina Lohan



► Carey Mulligan has moved back to England sparking talk that her relationship with Shia LaBeouf has soured. **SHIA LaBEOUF**

## Are Shia and Carey done?

Could Shia LaBeouf and Carey Mulligan's relationship be hitting a rough spot?

Despite claims last year she would make New York home, the British actress has returned home, according to Telegraph.

"I'm moving back to

England. It's a long story," she tells the newspaper. "I am spending more time here at the moment. Just spending time with my family, really."

LaBeouf, meanwhile, is busy in Washington D.C. filming Transformers 3.

**METRO**

### Celebrity tweets



**50 Cent**

**[@50cent]** I'm just learning how to use the camera I have. I brought a professional joint the lens package was 10k. I'm not buying another one.



**Russell Brand**

**[@Rustyrockets]** I'm at Union Square Barnes and Noble. I'll distract security, you put the books in your bag.



**Alicia Keys**

**[@Alicia keys]** There is no word to properly describe LOVE, to describe BLISS, to express a FEELING like this!!!



**Katy Perry**

**[@katyperry]** Why does the childrens menu always looks delicious?! Damn kids.

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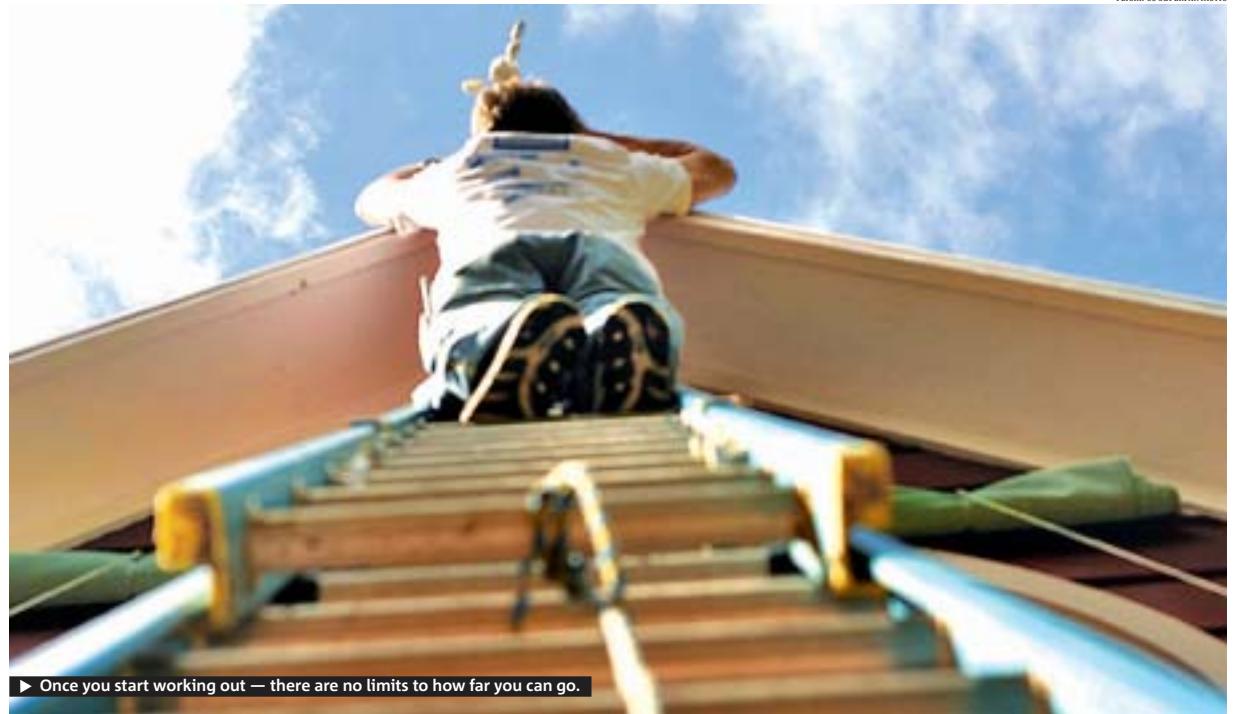


### Andropause

Caused by lower testosterone in the body, andropause can leave men feeling irritable and tired and with lowered sex drive.



CPR changes: Chest compressions most important; even bystanders can do it



► Once you start working out — there are no limits to how far you can go.

# Ready, steady, go

## ► How to get up and keep going with an exercise regime, without falling into bad habits



**ROMINA  
McGUINNESS**  
LIFE@METRONEWS.CA  
METRO WORLD NEWS IN LONDON

Once you have made the mental commitment to ditch your former lazy self, the hardest part is having enough willpower to carry on and not revert to your old ways.

Celebrity trainer Tracy Anderson guides you through the second phase of this new, fitter you.

### Get up and go

For Anderson, it's all about getting the work/workout balance right.

"Start by blocking out the time to workout in the day, even if just for 10

minutes. Once you start getting used to it, increase this time to 30 minutes and eventually one hour," she says.

### Don't just diet

"I don't believe anyone achieves physical beauty by going on a diet alone," explains Anderson.

"Food must be embraced

in a healthy way and extreme dieting can potentially be dangerous. It's all down to control — don't spend your day eating Doritos chips but don't deny yourself steak and mash if you really want it."

### Going for the lunge

Anderson advises her clients who struggle the

most to try to understand what they want from their body and life.

"If you love life, you will want to live it to your best and your healthiest. Tell yourself you want to look and feel great or else come to terms with the realities of an unhealthy life like being overweight and unfit," she says.

"Getting a running buddy, joining a yoga class or team sports such as basketball is for people who cannot motivate themselves alone."

Knowing that someone else is going through the same challenge as yourself is a highly motivating factor and a real push. People that genuinely no longer

wish to be lazy will need to switch the way they think and embrace change.

### A question of genetics

Motivation is often seen as something that is only affected by our lifestyle but in reality it could also have to do with gender. In general, the desire to be active seems to come more instinctively to men than to women.

Women have a tendency to gravitate towards the quick fix solution and that can make them feel insecure.

However, both sexes use their physique and the way the look and feel as a way to empowerment.



**"There are many lazy people out there who don't think beyond the typical fat to think solution. They fail to realize that being thin alone won't improve the tonicity of skin and muscle, let alone health."**

TRACY ANDERSON

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# Butts boost colon cancers

► The effect of smoking as a risk factor for colorectal cancer is stronger in men than women

 **CElia MILNE**  
LIFE@METRONEWS.CA

Your risk of developing colon cancer is increased by almost 100 per cent if you smoke.

This startling news comes from a study done in Newfoundland and Labrador.

It is the first large population-based study in Canada that shows a clear relationship between colorectal cancer and tobacco use, says senior author Dr. Peter Wang from the faculty of medicine at Memorial University in St. John's, Nfld.

The province of Newfoundland and Labrador has the highest incidence of colorectal cancer in the

world.

Smoking is also quite common in the province — about 34 per cent of people smoke there.

Dr. Wang studies ways that colon cancer can be prevented.

This study has pretty powerful data.

"Putting this in a population perspective, the number of cases of colorectal cancer can be reduced by 13 per cent if tobacco smoking could be completely eliminated," he says.

The effect of smoking as a risk factor for colorectal cancer is stronger in men than women.

Colorectal cancer is more common in industrialized countries such as Canada, and far more rare

in Asia and Africa, so it makes sense that something in the environment is accounting for the high rates. Here's how the study was done: Between January 1999 and December 2003, Dr. Wang and colleagues studied the health habits of two groups of people: 702 people with colorectal cancer and 717 people without the disease.

All subjects were between 20 and 74 years of age.

They found 96 per cent higher risk of colorectal cancer among current smokers than non smokers.

Study results were published recently in the Canadian Journal of Public Health.

## CANCER RISKS

### Pickled meats on the list

Smoking's not the only avoidable thing that raises your risk of

developing colorectal cancer. Dr. Peter Wang from Memorial University in St. John's, Newfoundland studies behaviours on the east coast that could have an effect on rates of cancer. One of his recent studies found that eating pickled meat — a commonly-found food in Newfound-

land and Labrador — elevates a person's risk of developing colorectal cancer. **CElia MILNE**



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**3** **Fresh Air:** great if you want to clear out your lungs and your head. You will inhale more oxygen exercising outdoors than if you stay inside.

**4** **Peppermint:** Inhaling peppermint before exercise is believed to increase stamina.

**5** **Coffee:** Drinking caffeine before you begin working out is meant to act as an instant pick me up as it stimulates the central nervous system.

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# Over 250 years of Sackville history marked by two major developments

 **RICHARD  
WOODBURY**  
FOR METRO HALIFAX

When Halifax was founded in 1749 by Edward Cornwallis, he also made the decision to build Fort Sackville, a fort that would guard Halifax's backdoor against French soldiers and their Mi'kmaq allies. The fort was built overlooking the mouth of the Sackville River.

This marked the first of two major developments in Sackville's history, says councillor Bob Harvey, who also wrote a book on the community.

"There's the Sackville that was developed after the fort was built in 1749 up to the 1950s," he says.

During this time, Sackville was a rural area that was very much linked to the market in Halifax and its main economic generators were farming and logging.

In fact, when Harvey was first sent to teach in Sackville as an education student in 1966, it was so that he could get his "rural teaching experience."

Until the late 1960s, Sackville had only about 1,000 residents.

The second development that altered Sackville's history came in 1968 when the provincial government designated Sackville to be a



► The Fultz House Museum is a great place to go to learn more about Sackville's history.

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satellite community for Halifax. Lots were cleared, houses were built (many of which people still live in today).

A little over 200 years after the first pioneers arrived, a second wave began to call Sackville home.

## Sharing the word

When Bob Harvey set out to write a book about Sackville's history, there were a few reasons behind it. In his former career as a teacher, Harvey taught history at Sackville High School and started a history club for students.

One of the things the club looked at was the Cobequid Road and why there was a road which ran through Sackville to go to Truro.

"That was kind of my start," says Harvey.

Harvey also points to a gathering he attended in the early 1970s where somebody said that Sackville "didn't have a history."

"I found Sackville did have a history," he says.  **RICHARD  
WOODBURY**

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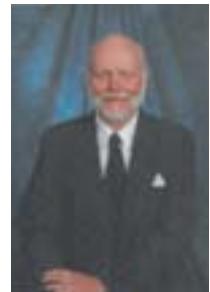
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Lower Sackville Wellness Centre

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[www.sackvillewellness.com](http://www.sackvillewellness.com)



Steve Oliver, Founder of Lower Sackville Wellness Centre.

# House of Payne

► Popular comedian Nikki Payne originally from Lower Sackville



**RICHARD  
WOODBURY**  
FOR METRO HALIFAX

A fair chunk of comedian Nikki Payne's stand-up act stems from her upbringing in Sackville Estates, a trail park in Sackville.

"It sounds fancy," says the 34-year-old comedian on her childhood residence.

"I grew up on an estate. It sounds like I grew up on a winery or something."

Eleven years ago, Payne moved to Toronto to become a stand-up comedian. Her breakout moment came after appearing on NBC's Last Comic Standing, a reality television show for comics.

When the show began airing, Payne was touring Ireland and remembers opening her MySpace account one day.

"I opened it up and I had a ridiculous amount of messages and a ridiculous



► Comedian Nikki Payne will soon begin filming a scripted comedy show for Showcase.

On a subsequent trip to Los Angeles, she had people recognize her, which was something that surprised her.

"There's like real celebrities there," she says.

At the end of this month, Payne will begin filming a scripted comedy show called Single White Spenny for Showcase.

The show stars Spencer Rice (best known as Spenny from Kenny vs. Spenny). Payne will be playing Rice's long-suffering assistant.

### On the road

- Comedian Nikki Payne will be returning to the East Coast for the Bluebones Comedy Tour.
- The eight-date tour will begin in Saint John on Nov. 12 and will wrap up in Halifax on Nov. 20. That show will be held at Yuk Yuk's.

number of friend requests," she says.

"I was like, 'What the hell?' I really thought there was something wrong with my account."

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# A new way to feed baby

► Lower Sackville mother creates device to simulate breast feeding experience

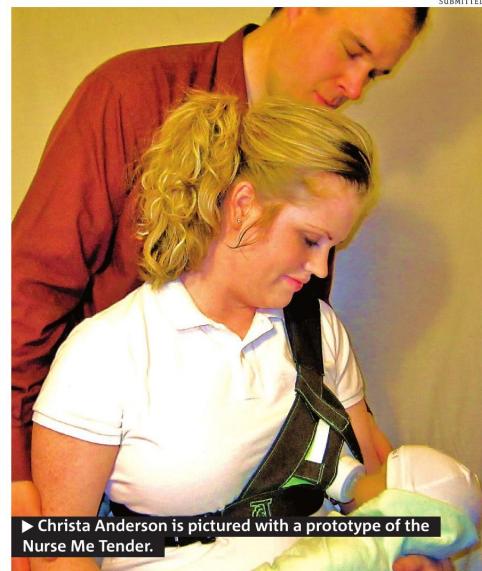
 **RICHARD WOODBURY**  
FOR METRO HALIFAX

When Christa Anderson switched from breastfeeding to bottle feeding her son, she felt something was missing.

"It felt completely different," says the mother from Lower Sackville. Part of that was because her son was no longer facing her.

Out of this experience, she came up with the idea for the Nurse Me Tender, a device that a parent can strap to their body and use to simulate the breast feeding process, while feeding the child from a bottle specially designed for use with the holster.

The inspiration for the Nurse Me Tender also came from the fact that when Anderson breastfed her baby at bedtime, she would read to him. But when her common-law husband (Derek



► Christa Anderson is pictured with a prototype of the Nurse Me Tender.

Cole) fed the baby, this wasn't possible.

"He wasn't able to do that," says Anderson, explaining that when Cole tried to feed the baby, he didn't have a free hand to hold the book because one hand held the bottle and the other supported the

baby.

Anderson says this is one of the advantages of the Nurse Me Tender. It allows parents to reclaim the use of that second hand, which can be used to do things such as wipe up baby spit or make a phone call.

## 2011

Spring 2011 is the expected launch date for Nurse Me Tender.

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# Sackville community behind road construction project

► Three roundabouts part of \$16.2 million project

 **RICHARD WOODBURY**  
FOR METRO HALIFAX

The public is backing the construction of a roundabout at the points where Margeson Drive and Trunk 1 intersect.

At a community meeting held earlier this year so that residents could learn more about the project, the majority of

the 90 people at the meeting were supporting the project.

"Ninety-five per cent of the people that were there were in favour of the roundabout, which is a good step," says Hammonds Plains-Upper Sackville MLA Mat Whynot.

He says the project is on time and should be completed by the end of the year.

But in order to qualify for federal stimulus funding, the project will need to be completed by March 31, 2011.

The roundabout itself is part of a larger project to connect Middle Sackville to Highway 101.

The \$16.2 million proj-

**"It's going to be an adjustment for drivers."**

**MLA MAT WHYNOT ON DRIVERS**  
GETTING USED TO USING A  
ROUNDABOUT

ect includes the construction of a connector road (Margeson Drive) and two other roundabouts at the exits for where Margeson Drive meets Highway 101.

With lots of morning traffic in Middle Sackville, the project is expected to reduce traffic in the area.

There are also other benefits to the project, says Whynot.

"The great thing about this project is that it is creating jobs and growing the economy," he says.

## Driving in circles

► In a roundabout, traffic flows circularly in a counter-clockwise direction. Vehicles entering the roundabout must yield on entry and wait until a safe gap in traffic is available before entering the roundabout.

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18

metrofood

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TUESDAY, OCTOBER 19, 2010

## Liquid Assets

**My any time of year**

 **PETER ROCKWELL**  
LIQUIDASSETS@EASTLINK.CA

The persistent theory that sparkling wine should only be reserved for New Year's Eve or special occasions of similar celebratory stature ticks me off to no end.

Whether a Spanish Cava or full-blown vintage champagne, the clean lines and flowing effervescence of a sparkler can cozy up to the flavour profile of everything from a Big Mac and large fries to Christmas dinner.

Two Oceans Sparkling Sauvignon Blanc Brut (\$11.95 - \$12.99) from South Africa is a fine choice to challenge my food-friendly theory. Soft and refreshing, it offers citrus, lemon and subtle vegetal green fruit with nice weight and density.

Italy's Voga Sparkling Pinot Grigio (\$18.20 - \$22.99) is light and airy with a crisp, lemon-lime expression wrapped in a package so sexy you'd almost think you should be dabbing some behind your ears in the morning. Prices reflect the range across the country.

*Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and traveling the globe looking for something to fill his glass and put into words.*



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# Fall comfort food

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► Fusilli and Meatballs

### Fusilli and Meatballs

#### Preparation:

- 1 Coat pot with cooking spray and set over medium-high heat. Sauté onion and garlic until soft, 5 minutes. Transfer 2 tbsp onion mixture to large bowl.
- 2 Whirl tomatoes in food processor until smooth. Add to pot. Bring to boil over medium-high heat; reduce to medium-low. Cover and simmer 30 minutes. Add basil and oregano during last 15 minutes.

- 3 Process bread to crumbs. Add crumbs, beef, egg, milk, salt and pepper to onion mixture and mix just until blended. Make twenty 2.5 cm meatballs. Coat medium skillet with cooking spray and set over medium-high heat. Cook until browned, 8 minutes. Drain; add to sauce. Cover and cook, stirring occasionally, 20 minutes.

- 4 Cook pasta; toss with 1 1/2 cups sauce in serving bowl. Serve meatballs with remaining sauce. **READERS DIGEST**

#### Ingredients:

- 1 onion, chopped
- 2 garlic cloves, minced
- 796 mL can Italian tomatoes
- 796 mL can whole tomatoes in purée
- 1/4 cup chopped fresh basil
- 1 tsp dried oregano
- 2 slices dry white bread
- 500 g lean ground beef
- 1 egg
- 2 tbsp 1% milk
- 1/2 tsp salt
- 1/2 tsp pepper
- 375 g fusilli

# Warm up to soup

### Cream of Leek and Potato Soup

#### Preparation:

- 1 In large pot, heat oil over moderate heat.

Stir in leeks and onion, then 3/4 cup broth. Cover and cook, stirring frequently until soft but not browned, 10 minutes. Add potatoes and stir to coat.

- 2 Remove from heat and stir in sour cream. Ladle into soup bowls.

Per Serving: 160 calories, 5 g total fat, 2 g fibre, 5 g protein. **READERS DIGEST**

- 2 Pour in half of remaining broth and bring to boil. Simmer, partially covered, until potatoes are soft, 15 - 20 minutes. Remove from heat. Transfer to blender and purée the potatoes until smooth.

- 3 Pour remaining broth into pot. Add vegetable purée and bring to simmer, stirring constantly, about 2 - 3 minutes. Season to taste with salt and pepper.

#### Ingredients:

- 1 tbsp olive oil
- 250 g leeks, white part only, thickly sliced
- 1 large onion, coarsely chopped
- 2 x 540 mL cans chicken broth
- 500 g all-purpose potatoes, peeled and sliced
- salt to taste
- 1/8 tsp ground white pepper
- 1/3 cup low-fat sour cream

# CHAT ROOM LOVE LED TO ISRAEL VISIT

## How We Met: Dan & Yael

"I (Yael) met my husband, Dan, in an online chat room back in September 1999.

"I was living in Israel at the time, while he was going to university in Canada. One day I was browsing through a chat room and he came online.

"Everyone was entering their basic information, and when Dan saw that I was from Israel, he immediately sent me a private message and we started chatting.

"From there, we moved to emails and later to phone calls. After three months, he bought a ticket

**Names:** Dan, 35, and Yael, 32

**Hometown:** Vaughan, Ont.

**Together since:** 1999

## Their story:

to Israel and the rest is history. We were married in December 2002, and will be celebrating our eighth anniversary this year. We also have a beautiful two-year-old son."

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# Passion can ease the pain

Sometimes love does feel like it should.

Falling in love can act as a potent painkiller, and now scientists have figured out why: It stimulates the brain's reward pathway, much like the rush of an addictive drug.

The next question is whether better understanding of the love-pain relationship might somehow help scientists tackle chronic pain. Falling head over heels isn't exactly something a doctor can prescribe.

But "maybe prescribing a little passion in one's relationship can go a long way toward helping with one's chronic pain — assuming it's passion with the one you're with," said study co-author Dr. Sean Mackey, chief of pain management at Stanford University.

The story begins with psychology professor Arthur Aron of the State University of New York at Stony Brook, who studies the neurology of love. His



work has linked that euphoric phase of a fresh romance to brain regions rich in the chemical dopamine. Dopamine is key to what's called the brain's reward pathway. Eating sweets, for example, boosts this system — and addictive drugs like cocaine hijack it.

"When people are in love, in many ways it's not dissimilar to what they get when they take amphetamines or stimulants," noted Dr. Nora Volkow, director of the National Institute on Drug Abuse and a dopamine expert.

THE ASSOCIATED PRESS

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## BEWARE THE STOCK TIP!

**S**ome of the biggest mistakes investors make are selecting investments they don't know anything about; using an investment strategy that doesn't fit their risk level; avoiding research, or taking a stock tip from an unqualified friend.

On its own, the price of a stock or fund means nothing; but when you compare price, earnings, debt, industry, and other factors against other companies or funds in the same peer group you get a better picture of what the company or fund is all about.

If a particular stock has caught your eye, start by paying a visit to Sedar.com, which is provided by the Canadian Securities Administration. If you're interested in evaluating a fund, check out Globe Investor's Fund Filter (<http://globefundfilter.ca>).

Investment analysts prepare informative reports on various companies and funds, covering line of business, competitive assessment of the business, historical financials, etc. An analyst also predicts the future of each of these factors.

Doing research is key!

# Tips to boldly begin business

► Alison's Money Rule: Rise to the challenge of running a business by posing questions ► Ask for help

Scott Wilson of Oakville, Ont., got his start in marketing and the credit business before striking out on his own.

Today he is the president and CEO of Bluecap Financial, and is tapping into the near virgin territory of small business lending. He's seen successes and failures and good ideas managed badly.

Here are his top tips for staying alive in shark infested waters.

- A great business idea is no sure thing. Start by knowing your target market and study – books, gurus and other successful businesses.

- A business without a website reflects a business



► Don't be afraid to blab about your business

with limited potential. Smart entrepreneurs need to stay one step ahead of their competition so pony up to the digital age.

- During slow times, don't cut prices. Instead hold workshops, partner with suppliers, network

like crazy and aim to give customers more value.

- When taking on a business partner, especially a friend or relative, be crystal clear about responsibilities and expectations.

- Most businesses comprise partners. Pick one

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with completely different skills and contacts. That way, there's more territory to draw on.

- Get comfortable talking, not bragging, about your business. Practice a 15 or 20 second elevator speech that tells people, simply and compellingly, what you do.

- There are tons of free resources for start-ups and existing businesses. On the internet search Industry Canada and business or small business in your province for starters.

- Retain experts for what you don't know. An accountant could save you lots more money than what he or she charges.

## Meet the Regional Operations Management Team, a.k.a. Safety Champions.

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Left to right: Phil Stevens, Paul MacKay,  
Sandy McIsaac, Frank Woodworth, Paul Miller



## Small business owners a happy group

Small business owners in Canada are a happy group. According to the TD Small Business Happiness Index, 62 per cent of Canadian small business owners would describe themselves as "very happy" with only 1 per cent saying they are "very unhappy."

The research, which examined the attitudes and behaviours of North American small business owners, shows that nine in 10 Canadian small business owners are happier owning and running their own business as compared to working for someone else.

What makes small business owners so happy?

- 97 per cent said... owning a small business gives them a sense of pride and accomplishment.

- 91 per cent said... owning a small business gives them a deep personal connection to their employees.

- 84 per cent said... owning a small business gives them a deep personal connection to their customers.

- 86 per cent said... owning a small business gives them the opportunity to volunteer their time or make donations to charities, sports teams and events.

NEWS CANADA

► New era begins for Halifax Mooseheads as majority owner Bobby Smith takes over as head coach ► Former bench boss Russell feels progress was being made, but it's 'a results-based business, and you've got to win'



DAILY NEWS FILE PHOTO

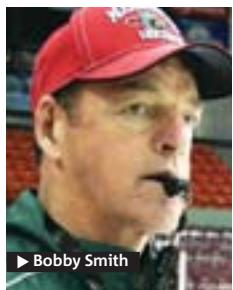
## Smith plans to stick around

Bobby Smith says he's in it for the long haul as head coach of the Halifax Mooseheads.

"There are no plans for this to be this season only," he said. "There are no plans for, 'Hey, we're taking resumés.' I plan on doing this for a while."

Smith said he's taken up full-time residence in Halifax.

● PHILIP CROUCHER



# Smith's change catches Russell off guard



Cam Russell concedes that only time will tell how his new role with the Halifax Mooseheads will work out.

Russell learned yesterday he is out as head coach of the Mooseheads but remains the club's general manager. He'll also serve as an assistant coach to majority owner Bobby Smith after taking a couple days away from the team as the changeover occurs.

"I won't know if it will be difficult or easy until I get into it," Russell said after learning he was removed as coach by Smith, who is taking his place.

"(But) I'm giving it a shot. My priority is to help the players develop and see

**"There are all sorts of times in life you have to swallow your pride and just work through it. That's what we'll have to do here."**

CAM RUSSELL, ON BEING REMOVED AS HEAD COACH

the organization succeed."

Russell was hired as head coach prior to the 2006-07 season and led the team to a 42-28 record in

his second year. But the previous two seasons — sporting lineups thin on talent — the team struggled and missed the play-

offs.

This year expectations were higher in part because several talented rookies were added to the lineup. But Halifax has just four wins in 14 starts, and Smith made a move.

"(The record) isn't so much the issue. It's more the way we were playing and the inability to win some games," said Smith, who will make his coaching debut tonight as the Mooseheads host the Bathurst Titan at 7 p.m.

Russell said he was "totally caught off guard" by the decision but that he accepts it.

"I'm surprised, obviously, but that's hockey," he said. "It's a game based on results and if the results aren't there, changes need to be made."

### Russell has a role: Smith

Bobby Smith doesn't think his relationship with Cam Russell is jeopardized by his decision yesterday to replace him

as head coach.

"I think he understands the business," Smith said. "I like Cam a lot. I have a lot of respect for him. I think he's the type of guy who can stay and be a major contributor. If I didn't think that, I wouldn't have kept him." ● PHILIP CROUCHER

## Ex-Habs have new thing in common

Bobby Smith is now the latest owner to be head coach of a QMJHL club, joining Patrick Roy of the Quebec Remparts.

"I have played for the best junior coach in the history of the game (Brian Kilrea). I've played for some excellent coaches in the NHL," said Smith, who comes in as a rookie coach, as Roy did. "I feel I'm well situated to bring the knowledge that these guys need to the game."

● PHILIP CROUCHER

### Team Q will be Herd-free

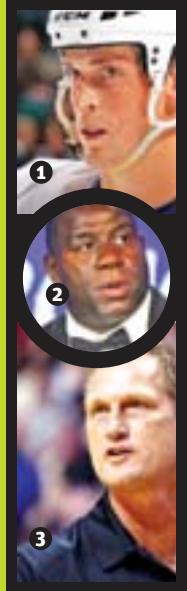
The Halifax Mooseheads were shut out as the rosters were announced yesterday for Team QMJHL, which is facing off next month against Team Russia in the 2010 Super Subway Series.

The series opens Nov. 8 in Saint John and continues Nov. 10 in Drummondville.

● PHILIP CROUCHER

# 4 sports

### Sport in brief



1 Lightning centre Vincent Lecavalier is out with a right hand injury.

2 Magic Johnson has sold his small ownership stake in the Los Angeles Lakers.

3 Leo Rautins and Allison McNeill are returning as coaches of the Canadian men's and women's basketball teams.

● METRO NEWS SERVICES



**Hamilton helps Texas hammer Yankees**

**80**

RANGERS YANKEES

Josh Hamilton received no cheers for this home run at Yankee Stadium.

In one of the highlights of the final season at old Yankee Stadium two years ago, the Texas Rangers slugger thrilled New York fans when hit a record 28 homers in the first round of the All-Star Home Run Derby.

Last night, his just-barely-enough drive into the short right-field porch off Andy Pettitte gave the Rangers a 2-0 lead in the first inning. He added a double that started a six-run ninth that emptied the ballpark as Texas won 8-0 and took a 2-1 lead over New York in the AL championship series.

Back then, much of the attention was on Hamilton's comeback from eight trips to rehabilitation for drug and alcohol addiction.

Now, the fuss is over his return from a pair of broken ribs, an injury sustained when he ran into the left-field wall at Minnesota's Target Field catching Delmon Young's fly. He's 3 for 10 with five RBIs and five walks in the ALCS.

THE ASSOCIATED PRESS

# Sens thumped in Pens' new barn

- Gonchar lit up by former team
- Elliott yanked after allowing five

**5**  
PENGUINS  
**2**  
SENATORS

Sidney Crosby and Mark Letestu scored power-play goals in the first period and the Penguins won their third in a row last night, ruining defenceman Sergei Gonchar's return to Pittsburgh by beating the sluggish Ottawa Senators 5-2.

Evgeni Malkin also scored as the Penguins won their fourth in five games since losing three of their first four. All three of those losses were in the new Consol Energy Center, where the Penguins have since won two straight.

Gonchar, the power-play anchor of the Penguins' Stanley Cup finalist teams in 2008 and 2009, didn't

have a memorable return in his first game back in a visiting uniform.

The Russian was on the ice for every goal in the first two periods as Pittsburgh took a 5-1 lead, causing an exasperated coach Cory Clouston to bench goalie Brian Elliott for Robin Lehner. Elliott was pulled after stopping only 17-of-22 shots.

Ottawa, a first-round playoff loser to Pittsburgh last season, is 1-4-1 — partly because of a power play that is only 2-of-24, including captain Daniel Alfredsson's first goal of the season last night.

Alfredsson made it 3-1 at 5:40 of the second, but Pascal Dupuis — moved back to Crosby's No. 1 line — and Kris Letang responded with goals 25 seconds apart.

Penguins backup goalie Brent Johnson, making his third consecutive start, turned aside 32 shots while improving to 4-0 this season. Marc-Andre Fleury, who last started in Pittsburgh's 4-3 loss at home to Toronto on Wednesday, is 0-3. THE ASSOCIATED PRESS



► Sergei Gonchar defends Pittsburgh's Max Talbot last night.

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## WASTE REMOVAL

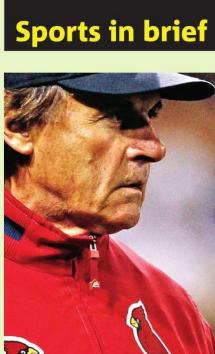
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## Seau drives SUV off cliff

Former NFL star linebacker Junior Seau drove off a cliff and was hospitalized with minor injuries yesterday, less than nine hours after he was arrested on suspicion of domestic violence.

The 12-time Pro Bowler's white Cadillac SUV was found on the beach about 100 feet below the roadside, said Carlsbad police Lt. Kelly Cain. Cain said it wasn't a sheer cliff, but was a significant, rough slope. Seau was taken to Scripps La Jolla Hospital in San Diego.

Seau's 25-year-old live-in girlfriend told authorities that Seau assaulted her during an argument Sunday night at his Oceanside home, according to Oceanside police. She appeared to have minor injuries and did not require medical treatment.



**La Russa will stick around**

MLB. Tony La Russa ended the usual post-season suspense, agreeing to a 16th season as St. Louis Cardinals manager.

The team announced a deal yesterday that included a mutual option for the 2012 season.

THE ASSOCIATED PRESS

## NHL suspends Doan for check

NHL. The National Hockey League has suspended Phoenix Coyotes winger Shane Doan three games for an illegal check to the head of Anaheim Ducks forward Dan Sexton.

Doan threw a shoulder into an unsuspecting Sexton on Sunday, moments after he had just passed the puck up the ice.

THE CANADIAN PRESS

## Correction

FOOTBALL. The Saint Mary's Huskies will face the Mount Allison Mounties in Atlantic University Sport football on Saturday at Huskies Stadium at 2 p.m. Incorrect information appeared in yesterday's edition of Metro Halifax.

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## Crossword

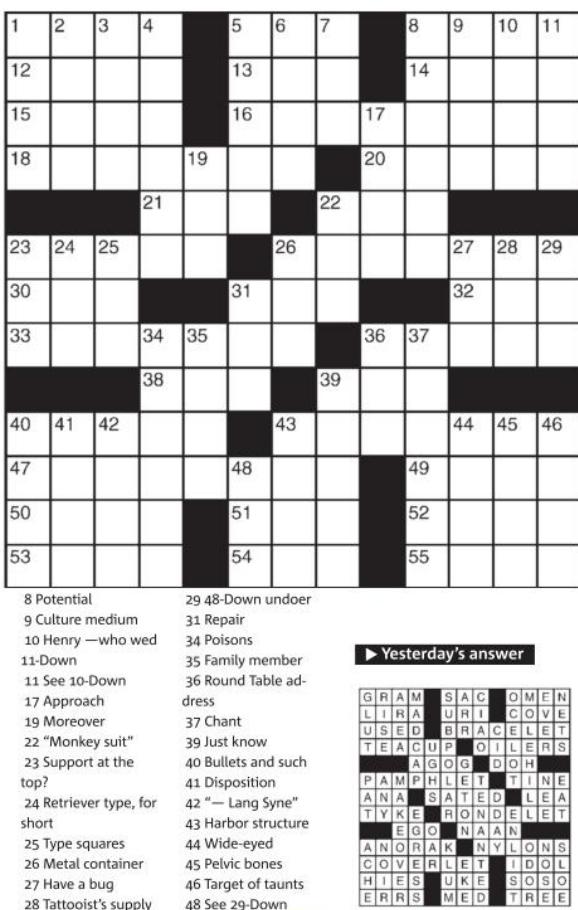
## Across

1 Make art with acid  
5 Tackle the slopes  
8 Volcano output  
12 Horse's halter?  
13 Melody  
14 Not "fer"  
15 Forever and ever  
16 Green banana-like fruit  
18 Keep up  
20 Spooky  
21 Conclusion  
22 Sunbathe  
23 Mix together  
26 It's near the proscenium  
30 Aries  
31 Transmit quickly  
32 — minute  
33 Teetotal, e.g.  
36 Smooth  
38 "La Cage — Folles"  
39 Sermon subject  
40 With full force  
43 Be relevant (to)  
47 Peak

49 Gawk at  
50 Shed  
51 "Of course"  
52 Opposite of blanc  
53 Probability  
54 Before  
55 "Zounds!"

## Down

1 Rams fans?  
2 Quaker's address  
3 Swindles  
4 Waste no time  
5 Flavourful  
6 Potter's oven  
7 401(k) alternative



## ► Yesterday's answer



## Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

**Aries** March 21-April 20  
Other people may seem somewhat evasive today but don't let it worry you because even if they are hiding something from you it won't affect what you are doing.

**Taurus** April 21-May 21 You need to be 100 per cent honest with yourself today, especially if you have been letting things drift a bit on the work front. There is still time to catch up.

**Gemini** May 22-June 21 Certain people may be hard to communicate with but don't jump to conclusions and think it's because they don't like you. More likely they have so many other things on their mind that they just don't have time to be sociable.

**Cancer** June 22-July 22 Only make changes that are absolutely necessary. Things are moving so fast at the moment that any changes you make are likely to be out of date in a matter of days.

**Leo** July 23-Aug. 23 A dream you've been having for many years is close to becoming a reality. All it needs is for you to keep it in your mind at all times and before you know it you will be living it.

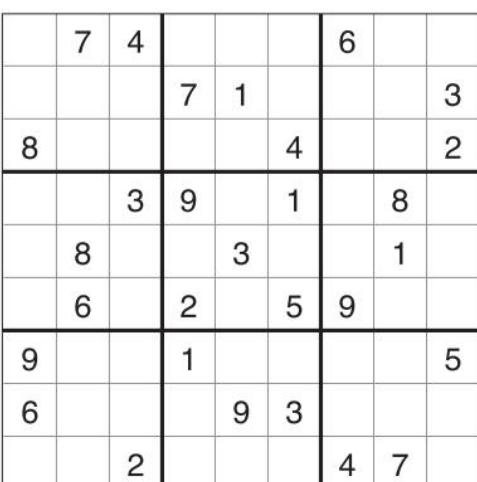
**Virgo** Aug. 24-Sept. 22 You may think you are smart but you could be outdone today by someone who is even more shrewd and calculating than you. Don't just assume you will win — that plays into the hands of your rivals.

**Libra** Sept. 23-Oct. 23 The only danger today is that you will be a bit too easygoing for your own good. You may be one of the zodiac's nice guys but that does not mean you should leave yourself open to conmen and crooks.

**Scorpio** Oct. 24-Nov. 22 Today may inspire you to follow your instincts but other aspects warn that even your instincts should be treated with caution.

**Sagittarius** Nov. 23-Dec. 21 What happens today and tomorrow will invite you to question some of the things you have always taken for granted. Maybe the world isn't such a straightforward place after all.

## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's answer ►



## Today



10°/1°  
Partly cloudy

## Wednesday



12°/4°  
Partly cloudy



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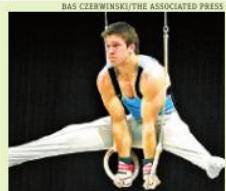
## Caption contest



"This photo better make me a hit with the ladies"  
EMIL KICHOUKOV

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write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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"Pinky pinky pinky, you are khukhu. Only good. No bad. Do what YOU want and don't be a cc." Stupidly yours, ODES.

To my shmeem shmeem, the love of my life. From the day I saw your picture and said to my self "She is the one", I have never regretted a day or second that has gone by. You are my love, you are my life, you are everything to me and more. I love you and hope you see this when you're doing the crossword.

LIL GUY

DON. Good morning my love! I hope you have a wonderful day. Loving you. V.

Dear Care Bear, You're the 'conductive system' of my heart, I just hate needing an 'ECG' to read you. Forgive me for the bet, HEARTFAILURE

